



## PowerTrain program



**Get active and give back.** Form a team of 10 (or more) co-workers then complete an activity event for a qualifying non-profit to earn a \$1,000\* donation in honor of your team.

**Application process** – Team captain submits application form with team member’s employee ID numbers and documentation of the charity’s 501(c)(3) status. Employee ID is the 7-digit number that appears on your employee ID card.

**To qualify, your event must be approved in advance and meet the following requirements. Submit 30 days in advance.**

- **Event is a professionally-organized activity that is open to the public.** Examples include Komen Race for the Cure, ADA Tour de Cure, and AHA Heart Walk.
- **Sponsoring organization is a 501(c)(3) nonprofit organization** whose mission has a **health focus** and includes improving the health and wellness of the regional community. Examples include American Cancer Society, Autism Speaks and March of Dimes.
- **Event requires 45+ minutes of moderate activity (e.g., 5k walk).** Events that don’t qualify include charity dinners, golf outings, and training programs such as Team-In-Training.
- **Local NS employee accepts team captain responsibilities.** The team captain, not the WellNS program, submits application, provides other documentation if requested, coordinates with event organizers and emailing a team photo to [wellns@nscorp.com](mailto:wellns@nscorp.com).
- **Team includes at least 10 active Norfolk Southern employees.** Spouses, family members and retirees do not count towards the required minimum but are welcome to participate. Only one team per event.
- Team name is ***Norfolk Southern PowerTrain.***

**Applications will be reviewed on a first-come, first serve basis as long as budgeted funds are available.** Submit your application 30 days in advance to be approved.

**Donation** – After the event team photo is received, a single donation of \$1,000\* will be made to the approved non-profit. ***Organizations must be able to accept payment via credit card.***

Note: \* The donation is not a matching gift nor is it eligible for matching gift funds from the NS Foundation.